

FOOD \$EN\$E



A monthly food buying program for anyone who wants to stretch their grocery dollars

MEAL PLANNING SAVES MONEY

Make time in your schedule to plan breakfast, lunch, dinner, and snacks for the next 10 to 14 days. Start by checking your freezer, refrigerator, pantry and kitchen cabinets for what you have on hand. Build your menu to use up cans of soup and other staples. Consider keeping a folder of recipes you want to try. Once you have a completed menu, build your grocery list. Planning meals can save you time, save food from going to waste, and overall save you money.

Important Dates and Reminders for Food \$en\$e Coordinators:

EBT Approvals: March 14
Order Deadline: March 15

Money Due to the Food Bank: March 19
Delivery Dates: March 24-26

- For Customer Order Deadlines: Contact your participating host site for specific days and times
- Payments not received by the deadline will result in your delivery not being shipped
- We only accept checks/money orders made payable to Food Bank of Central New York
- Please do not send paper clips or staples with your payments
- Envelopes should be labeled "*re: Food Sense*"
- Important forms and documents on the Food Bank website can be found under *Get Help/Community Services/Food \$en\$e/Food \$en\$e Coordinators*

February Package (\$20.50)

- Pork Tenderloin, 1.7 lb. (avg.)
- Chicken Thighs, 3 lb. (avg.)
- Ground Beef, 1 lb.
- Fish Sticks, 1 lb.
- Kielbasa, 13 oz.
- Cheddar Cheese, 8 oz.
- Cheese Pierogis, 13 oz.
- White Rice, 1 lb.
- Applesauce, 15 oz.
- Brownie Brittle, 14.1 oz.
- Fresh Potatoes, 5 lbs.
- Fresh Onions, 2 lbs.

March Package

Subject to change (\$20.50)

- Chicken Drumsticks, 3 lb. (avg.)
- Tilapia Fillets, 1 lb.
- Ham Steaks, 1 lb. (avg.)
- Salisbury Patties, 12 oz.
- Shrimp Florentine, 24 oz.
- Beef Stew, 15 oz.
- Macaroni & Cheese, 7.25 oz.
- French Fries, 32 oz.
- Frozen Carrots, 16 oz.
- Mandarin Oranges, 11 oz.
- Fresh Produce
- Fresh Produce

March Specials:

Spiral Ham: 9 lbs. (avg.) for \$17.50 - The Spiral Hams average between 8 and 10 pounds per special.

Stuffed Chicken Breast: 2 lbs. for \$8.00 - The Chicken Breasts are stuffed with apples and cranberries.

Meatloaf: 2 lbs. for \$8.50 - The Meatloaf is a new mix made with veal, pork and beef. It can also be used for meatballs.

American Cheese: 5 lbs. for \$10.50 - The sliced American Cheese is not individually wrapped.

Onion Rings: 2.5 lbs. for \$6.50 - The Onion Rings are par-cooked and ready for the oven.

Lobster Bites: 15 oz. for \$5.00 - The Lobster Bites can be deep fried or baked in the oven.

KIELBASA SKILLET

Ingredients

- 1 package kielbasa, sliced*
- 3 cloves garlic, minced
- 1 medium onion, sliced*
- 1 package pierogis*
- ¼ cup olive oil
- ¼ cup chopped fresh parsley
- Salt and pepper to taste

*Ingredient in Food \$en\$e package

Serves 4



Directions

1. Place oil in a 12-inch skillet over medium heat.
2. Cook onions until tender, stirring occasionally. Add a pinch of salt & pepper.
3. Add pierogis & kielbasa, sauté for 4-6 minutes per side. Turning occasionally until pierogis are golden brown & kielbasa is heating through.
4. Sprinkle with fresh parsley.
5. Let sit for 5 minutes and serve warm.

Food \$en\$e Contacts:

Main Number: (315) 437-1899 or (800) 444-1562

Transportation: Nate Boughton, ext. 274

Product Shortages: Adam Croteau, ext. 235

Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230

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